

Utah Association of Family and Consumer Sciences

An Affiliate of the
American Association of
Family and Consumer Sciences

Volume 2007, Issue 3

October 2007

UAFCS President's Message — Kathy Croxall



Fall is here and I'm sure all of you are very busy. The teachers are back in school and extension professionals are finishing the round of county and state fairs. There is something fresh and invigorating about the fall, even as we move into the winter cold with all it brings.

I want to take just a minute to remind all of us about the importance of professionalism. What does that really mean? The dictionary defines professionalism as the character, spirit, methods, and practice that distinguish a professional from an amateur. Professional practice is often seen through the way we dress when we go to work and the way we conduct ourselves, both at work and in the rest of our lives. Most of us don't have difficulty meeting these professional standards. However, I'm sure we can all improve our professionalism in at least one area as we strive to improve the visibility and scope of what we do.

The American Association of Family and Consumer Sciences has a code of ethics on their website (<http://www.aafcs.org/about/ethics.html>). I'm including just a part of it below:

"A member of the family and consumer sciences profession and of the American Association of Family & Consumer Sciences shall:

- Maintain the highest responsible standard of professional performance, upholding confidentiality and acting with intelligence, commitment, and enthusiasm.
- Fulfill the obligation to continually upgrade and broaden personal professional competence.
- Share professional competence with colleagues and clients, to enlarge and continue development of the profession.
- Support the objectives of the American Association of Family & Consumer Sciences and contribute to its development through informed, active participation in its programs.
- Advance public awareness and understanding of the profession.
- Maintain a dedication of enhancing individual and family potential as a focus for professional efforts."

Please take a moment and consider these six aspects of professionalism in your own life. Some questions we can all ask ourselves include: Am I continuing to learn and increase my capacity as a professional? (Attendance at the fall conference is one way to do this.) Am I working with my colleagues and clients (students, whether youth or adult) to help grow the profession, both in numbers and in scope? Do I actively contribute to the professional organization by serving as an officer or committee member when asked? Am I a public example of a good professional for FACS? It is important that we strive to increase our professionalism as an example to those we work with. It is equally vital to involve others in the profession. If we don't replace ourselves, who will!

As officers in the Utah affiliate of the American Association of Family and Consumer Sciences, we have been examining the characteristics and needs of our members and potential members. It has been an eye-opening experience to see how few of those that could and should be members of UAFCS are not. Another concern is the age of the membership. Many of us are getting closer to retirement age and we need to look at recruiting and involving the

younger professionals in our midst. We would like suggestions from all of you as to how we can make UAFCS fit your needs better. Please send them to myself or any of the other officers.

Exciting things are coming up for all of us. You will soon be given the opportunity to vote for officers for the coming year or two. Please involve yourself in that process so your voice is heard. We hope you are all looking forward to the fall conference that will be held November 2-3 in Midway. It promises lots of fun and innovation as we explore the use of technology in the home and in our personal and professional lives. Don't forget to invite your colleagues that aren't members as well. In June, at the national AAFCS conference, we will kick off the bicentennial celebration of AAFCS, which will run for an entire year. This is a great opportunity for each of us to share the importance of the profession and the professional organization with our colleagues and neighbors. Let them know what you do and how important it is to their lives.

Kathy Croxall, PhD, CFCS
UAFCS President; Assistant Professor, Southern Utah University

U A F C S



... at the heart of the home & beyond

Join us for the 2007 UAFCS Conference

From Making Apple Pie to
Checking Your Blackberry

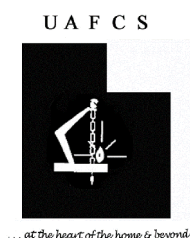


What's the flavor of the future?

November 2 & 3, 2007

The Homestead - Midway, Utah

Sponsored by the:
Utah Association of
Family and Consumer
Sciences



Registration Checklist:

- ☒ Schedule in your blackberry Nov 2&3 for the UAFCS Conference in Midway.
- ☒ Registration form completed & returned
- ☒ Scholarship form completed & returned (if you are a current secondary teacher)
- ☒ Lodging accommodations made by Oct. 18th.
- ☒ Silent Auction item & paperback books packed. (Visit ATM for cash to purchase items!)
- ☒ Contact Joanne Roueche at joanner@ext.usu.edu if you are interested in presenting research
- ☒ Register for other training (Jump \$tart or NEFE High School program) opportunities being offered prior to UAFCS Conference
- ☒ Invite another colleague to come join us

Credits

1 graduate credit is available through Southern Utah University. You must attend all conference events. Contact Kathy Croxall at: Croxall@suu.edu for more information.

Up to 6 licensure points are available from the Utah State Office of Education. Certificates will be available at the conference.

5 PDUs from AAFCS will be available for those who attend all functions. Certificates will be available at the registration desk.



Friday, November 2

Take advantage of these FREE training options Friday morning/afternoon:

For Middle School/Jr. High Educators:

Jump \$tart Financial Conference sponsored by Utah Jump \$tart Coalition - Register online at: utjumpstart.org. Click on the "Click here" link under the 5th Annual Teachers Summit subhead.

9- 4 p.m. Zermott Resort- Midway.

For High School Educators:

NEW NEFE High School Financial Planning sponsored by Utah State University Extension

Come learn about the NEW High School Financial Education Program. Adrie Roberts and Teresa Hunsaker, USU Extension Agents, will share these new resources. Sign up by e:mailing: darlenec@ext.usu.edu.

1-3 p.m. The Homestead - Midway

UAFCS Conference Begins

- 5-6 pm UAFCS Conference Registration
- 6 - 9 pm A Taste of Technology Reception
- 9-10 pm Student Activity

Come find the Flavor of the Future at the "Taste of Technology" Event!:

- Enjoy light refreshments, yummy goodies and chat with fellow FCS professionals!
- Play on dance pads and with the popular Wii and learn how they can be powerful motivational & physical activity tools!
- Use Dress Shop to enter your measurements and design ideas to print a custom pattern especially for you!
- And much, much more!

Saturday, November 3

8 a. m. - Continental Breakfast
& Business Meeting

9 a.m. - Concurrent Sessions

10 a.m. - Concurrent Sessions

11 a.m. - Concurrent Sessions

12 noon - Lunch, Speaker & Awards

Luncheon Speech:

"Don't Bother Me Mom - I'm Learning"

How computer and video games are preparing kids for twenty-first century success – and how you can help.

Workshops:



Predatory Lending

Dr. Lucy Delgadillo,
Utah State University

With predatory lending in the housing market becoming such a prevalent problem this class will address how to be aware, and how to "beware" of scams. How to shop for a mortgage, questions to ask, and things to look for will also be covered. Perfect for those teaching finance classes and for personal knowledge.

Where Food, Nutrition & Technology Meet

-Cynthia Wright and Artis Grady,
Southern Utah State

Come learn about the latest resources available for use in your foods and nutrition courses. Podcasts to keep you up-to-date, blogs to discuss what works and what doesn't, web resources with tasty recipe ideas and ready-to-use PowerPoints are just some of the resources that will be shared. You will leave this session with plenty of things you can use immediately.



Workshops:Living on Line

Eric Hawley, Utah State
University Extension

Organizing yourself on line!

Banking, lowering your phone bill, security, shopping and so much more. Come learn how you can benefit from living on line.

Bread--- One Common Thread

Rea Gubler, Artis Grady, Kathy
Croxtall, Southern Utah State

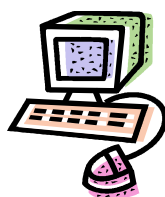


Found on most dinner tables around the world, bread is generally acknowledged as the staff of life. Learn to appreciate similarities and differences across cultures by examining the cultural significance of bread in family traditions and celebrations. Understand the changes that have come to bread throughout the centuries as technology changed. Taste recipes from households around the world that have been using the modern technology of the bread maker. Explore ideas for integrating the cultural significance of bread into classroom and community venues.

Keeping Our Children Safe
on the Internet

Alice Osborne

Using technology to keep our
children and classrooms safe.

Other Workshops:

- Student Directed workshop
- Current Research and Findings
 - If you would like to present research or findings, contact Joanne Roueche at joanner@ext.usu.edu
- Textile and apparel technologies

Lodging Accommodations:

You are responsible for making your own lodging accommodations at The Homestead. A limited number of rooms are reserved for the conference on Thursday, Friday & Saturday. The special discounted price is \$68 plus tax. They will be **available only until October 19th**. After that, room cost is \$179. Call 1-800-327-7220. Ask for the UAFCS block of rooms.

Silent Auction Items &Your Old Paper back Books Needed for
UAFCS College Scholarship FundSilent Auction:

Items Needed! Please bring something to sell in the **silent auction** and don't forget the money to purchase items. Items can range from apple pies, teacher resources to savvy technology gadgets. Use your imagination! Why not ask your local merchants to donate?

Paper Back Book Exchange for \$.25 each

In addition this year, we will be having a **paperback book exchange**. Bring all your old romance, mystery, etc. paperbacks to donate. Buy as many as you want that other people have brought for only \$.25 each!

All funds raised will go to the
UAFCS College Scholarship Fund.

Teacher Conference Scholarships:

A generous number of teacher scholarships are available for early conference registration for UAFCS members and non-members. Scholarships are provided by the Utah State Office of Education. Teachers must fill out the application enclosed to apply. First come/first serve.



UAFCS Annual Conference & Meeting at The Homestead

700 North Homestead Drive Midway, UT

November 2 & 3, 2007

Changing Times: From Making Apple Pie to Checking Your Blackberry - What's the flavor of the future?

Early Registration: **Deadline October 17, 2007** Regular Registration: **Deadline October 26, 2007**

Please duplicate as needed for colleagues, new members, students, or friends

Name: _____ Are you a member of AAFCS? ____ Yes ____ No

Organization or Affiliation: _____

Address _____

City: _____ Email Address: _____

Day Phone: _____ Evening Phone: _____ Cell: _____

Registration Options - Early Deadline: October 17 Final Deadline: October 26

No refunds after October 26

Early Registration (Deadline October 17) Includes Friday Night Taste of Technology Reception, Saturday Continental Breakfast and Lunch, Conference Materials & Gift	AAFCS Professionals	\$65.00	
	Non Member Professionals	\$85.00	
	Students	\$40.00	\$ _____
Late Registration (Deadline October 26) Includes Friday Night Taste of Technology Reception, Saturday Continental Breakfast and Lunch, Conference Materials & Gift	AAFCS Professionals	\$85.00	
	Non Member Professionals	\$105.00	
	Students	\$60.00	\$ _____
Meals only	Food cost for friend/or spouse	\$40.00	\$ _____
Donation: Please add any contribution you'd like to make towards Student College Scholarships . This will be put towards scholarships for college tuition.			\$ _____
Donation: Please add any Student Conference Registration Sponsorships you'd like to donate. Full scholarship is \$40. Partial scholarships will be accepted also. This allows students to attend the UAFCS conference.			\$ _____
Applying for a secondary education teacher scholarship (see next page) – pays for early conference registration - first come, first serve. Please pay registration- if scholarship is received- refund will be given.			Fill out enclosed scholarship application.
TOTAL DUE			\$ _____

Lodging Accommodations- *You are responsible for making your own lodging accommodations* at The Homestead. A limited number of rooms are reserved for the conference on Thursday, Friday & Saturday. The special discounted price is \$68 plus tax. They will be *available only until October 19th*. After that, room cost is \$179. Call 1-800-327-7220. Ask for the UAFCS block of rooms.

Mail Registration and Payment to:

UAFCS Annual Meeting – Cache County Extension
c/o Cheryl Empey
179 N. Main St. Suite 111
Logan, Utah 84321



**UAFCS Annual Meeting at The Homestead****Midway, Utah***Changing Times: From Making Apple Pie to Checking You Blackberry-**What's the flavor of the future?***November 2&3, 2007****SECONDARY TEACHER SCHOLARSHIP FORM****The first completed 25 received will receive a scholarship so send in your application today!***Please duplicate as needed for colleagues, new members, students, or friends*

Open to all current FACS teachers, UAFCS members and non-members. Scholarship covers early conference registration

Name: _____ CFCS: Yes ___ No ___

School: _____ District: _____

Address _____

City: _____ Email Address: _____

Day Phone: _____ Evening Phone: _____ Cell: _____

FACS Teaching Assignment: _____

Have you attended the UAFCS annual conference in the past? Yes _____ No _____

Is your attendance at this conference dependant upon your receiving this scholarship? Yes _____ No _____

Please explain (in the space provided) how you feel attendance at the 2007 UAFCS Annual Meeting will benefit you as a secondary FACS teacher.

Mail Scholarship Application to:**UAFCS Annual Meeting/Cache Extension****c/o Cheryl Empey****179 N. Main St. Suite 111****Logan, UT 84321**



From Wired Kids to Worried Parents

We have heard of Generation X, Y and possibly Z, but now we are all living with and in the Generation Net. The world of Generation Net is communication technology's influence for today's youth whose lives are empowered with the "send" button. Statistics from the Pew Internet and American Life Project show that nearly 90% of today's teens age 12-20 have access to cell phones and/or computers, 50 % of these youth own their own. For youth ages 8-11, the results are lower, but we find that at least 50% of these youth use the internet.

Teens view cell phones and computers as status symbols. They are the way teens connect. Kids have always found ways to connect with one another, but the cell phone and computer have made it very easy for this generation. Boys use cells to get information; girls use cells to socialize.

The hundreds of calls many teens make each month, often only a few minutes' duration each, are as much about maintaining a social presence as actually saying anything. That's one reason teens resist making calls around parents: teens not only don't want to be overheard, they don't want their parents to be heard either. Chat rooms are used much the same way as the cell phone.

Should parents be concerned about their child's use of technology? Yes, they do need to be in charge, they can:

- Limit airtime and text allotments – review the monthly bills with your youth and if the bill is higher than the agreement, children need to "work off" the balance.
- Curfew the cell phone. No late night calls. You may have to "park" the phone in a convenient spot for you to check on.

- Limit phone use during homework and quality family time. Have youth turn off the phone at meal times, take the opportunity to talk to each other instead of texting.

- Prohibit cell phone use while driving. The accident rate of cell phone use while driving is alarming.

- Monitor the use of the computer and know the sites your children are using.
- R U In the Groove?
Can't crack the code in Internet language.
Check out the acronyms your youth are using. A good website for this is *Teen Chat Decoder* at www.teenchatdecoder.com/parental-lookup/teenchat-a.html

Generation Net is here, we are part of them, but teaching responsible use of technology is critical for good socialization skills and safe children.



"Teaching responsible use of technology is critical for good socialization skills and safe children."

Submitted by:

*Carolyn Washburn, UAFCS
Child Development and Family
Relations Chair*

*Utah State University Extension
Family & Consumer Science
Agent, Washington County*





NEWS ABOUT YOU

We asked for news about you.
Here is what we learned.

- **Sara Oldroyd** joined USU Extension as a FACS Agent in Salt Lake County in November 2006. She loves her position which focuses on nutrition. Some of her favorite topics to present include dietary supplements, organic foods, health benefits of chocolate, and any other "hot topic" that the public may be confused or have misleading information about. In September 2007, Sara attended the American Dietetic Association's Annual Meeting where she was awarded the Karen Lechowich Scholarship for dietitians who have been in the profession less than five years. At the conference she particularly enjoyed the seminars on international nutrition and public health.
- **Wendy Cordell** immediate past president of UATFACS had a baby boy this past June. His name is Sam. She is now enjoying the benefits of being a stay-at-home mother.
- **Susan Smith** a FACS Teacher at Grantsville High School ran for the National FCCLA Board of Directors this past summer.
- **Wendy Busenbark**, CTE Department Chair at Roosevelt Junior High School in Duchesne School District is recuperating from major surgery she had this past summer, but through it looked forward to sending her son on an LDS Mission to Chile in September, and always enjoys her wonderful marriage of 21 years.
- Wedding bells rang this summer for **Jodie Lewis** now **Staples** who got married on August 1st. Jodie has taught at Alta High School in Jordan School District for the past year and a half.
- **Laurie Hansen**, a long-time FACS teacher and FCCLA Advisor at Carbon High School, left her teaching position there because her husband took a job at Far West Bank in Utah County. Laurie was fortunate enough to find a 1/2 day Foods/Teen Living position at Mt. Nebo Junior High in Nebo School District. Laurie now believes the statement "There is a special place in heaven for junior high teachers!" Consequently . . .
- **Daphne Stockdale** who taught at Riverton High School in Jordan School District for seven years, moved to Price, Utah to teach FACS at Carbon High School in Laurie's former position. Daphne grew up in Price and finds it a little surreal to be back there teaching. It was a last minute decision, but she thinks it's a good one. Therefore . . .
- **Jana Pendleton** a FACS Teacher at Pleasant Grove High School in Alpine School District quit her position a week before school started to take Daphne's teaching position at Riverton High School, which is five minutes away from Jana's home. Jana now has four preps instead of one . . . Just like her first year all over again. But, now she has her son in her Adult Roles class and gets to teach her daughter Interior Design in a formal setting. Jana is excited that her daughter is thinking about majoring in FACS Education also. All-in-all, all three teachers were able to move closer to home. That's got to be a good thing. P.S. Jana's job at Pleasant Grove was filled by **Adell Simmons** who taught last year at Lehi High School.
- **Nancy Schwartzman**, a FACS teacher at Willowcreek Middle School in Lehi (Alpine School District) took the Praxis II exam this past summer. She not only passed it but was awarded a "Recognition of Excellence" Award for placing in the top 15% of all those who have ever taken the Praxis II exam. Way to go, Nancy!
- All three Family and Consumer Sciences teachers at Ogden High School recently completed their Master's of Education Degrees in Curriculum and Instruction / Instructional Technology from Weber State University. Congratulations to **Janae Martinsen Hudman**, **Shaylene Montoya Parry**, and **Christine Heslop**. As if working full-time isn't enough!
- Christmas should come early for **Kimberly Waldron** at Bonneville High School in Weber School District. She is expecting her first baby, a girl, on December 2nd!
- **Antoinette (Tonie) Dee** was awarded the Outstanding Teacher of the Year for Monument Valley High School in San Juan School District last spring and was recognized at a district banquet. The recognition helps to make all the work she puts into teaching worth it.
- "Just for fun," **Ruth Merrill** from West Lake Junior High School in Granite District competes in sprint level triathlons (swimming, biking, and running)! She competed in two triathlons this past year and one in 2006.





More News About You (continued from page 8)

- **Susan Litchfield** from Brockbank Junior High School in Magna, Utah (Granite School District) plans to retire from teaching FACS at the end of this school year. In the meantime, Susan has a wonderful student teacher, **Michele Lines** from BYU who will be looking for a teaching position next fall. Michele is originally from Ogden, has great skills, and is very cooperative.
- **Beth Bogedahl** will also retire from teaching at the end of this school year. Beth has taught at Wayne High School in Bicknell, Utah for 25 years. She

graduated from Utah State University in 1969 and started her teaching career at South Cache Junior High in Hyrum. After two years of teaching, she was a stay-at-home mother for thirteen years. She went back to the classroom in 1983. Beth finds it amazing, how our society and our FACS curriculum have changed through the years.

- **Artis Grady** a Foods Science and Nutrition Professor at Southern Utah University went to Guatemala last April with a student who was doing research as part of a humanitarian project. They collected data in a primitive Q'eqchi' Maya Indian mountain village. The research fo-

cused on issues of their culture related to pregnancy, birth control and weight gain during pregnancy. (Not eating during pregnancy and keeping weight gain low is encouraged in the Maya culture.)

- Our love and sympathy are extended to **Nancy Thompson**, our UAFCS Past-president (formerly a FACS Education professor at Utah State University, now at Ball State University in Indiana), whose husband Roger passed away this past summer, following a courageous battle with liver cancer.

FACS Professionals Receive CTE (UATFACS) Awards

Several FACS professionals received Career and Technical Education (CTE) Awards in June, from the Utah Association of Teachers of Family and Consumer Sciences (UATFACS) at the FACS Summer Conference.

UAFCS "CONGRATULATES!" the following individuals on these honors.

Jean Manuela, Pleasant Grove Junior High School, FACS CTE Teacher of the Year; **Sherry Marchant**, Granite School District FACS Supervisor, Outstanding CTE Educator; **Katie Borgmeier**, Riverton High School, Outstanding New CTE Teacher; **Vivian Brown**, Lone Peak High School, Out-

standing Service Award; **Annette Pulley**, Award of Merit; **Pam Rock**, Lakeridge Junior High School, Arch of Fame Award; and **Terry Price**, Jordan School District CTE Specialist, the Carl Perkins Humanitarian Award.

Wal-Mart Utah Teacher of the Year— Susan Schumacher

Susan Schumacher has been selected as the Wal-Mart Utah Teacher of the Year and will be recognized at her school on October 8th, 2007. Susan, a Foods / ProStart teacher has taught Family and Consumer Sciences at Pleasant Grove High School for 20 years. Her school will receive \$10,000 in Susan's name.

Susan was originally nominated for this award through parent / student nominations. Last May, she was selected as the Wal-Mart Teacher of the year for her area. She received a \$100 gift card and her school received \$1000. She was then invited to apply for the state award through a rather grueling application process.

Susan indicates that this award comes as quite a surprise, but she is humbled by it and considers the recognition to be an incredible honor. She also indicates that "Nothing in life is achieved by oneself, but by all the influences surrounding the person recognized. You all are surely those people."

Congratulations Susan!





WANTED!

**New
UAFCS
Board
Members!**

Nominations . . .

The UAFCS Nominating Committee is seeking nominations for the 2007 UAFCS ballot. UAFCS members (or potential new members) willing to serve on the UAFCS Board in 2008 and 2009 are eligible for nomination. UAFCS Board Positions available this year include:

- **President-elect**
- **Vice-president of Work-elect**
- **Clothing and Textiles Subject-matter Chair**
- **Family Relations and Child Development Subject-matter Chair**
- **Nominating committee**

If you are interested in being considered for one of these positions or believe in a colleague who you know would do a great job, please email your nomination(s) **immediately** to a member of the current UAFCS Nominating Committee. They are:

Ann Sorensen:

ann.sorenson@granite.k12.ut.us

Kathleen Riggs:

kathyr@ext.usu.edu

Rea Gubler:

gubler@suu.edu

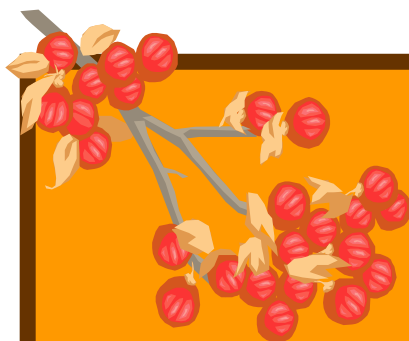
UAFCS Members to Present Research at National ADA Conference

Artis Grady and **Cynthia Wright**, UAFCS Members and Nutrition Science professors at Southern Utah University will present research at the upcoming American Dietetics Association Food and Nutrition Conference and Expo in Philadelphia, Pennsylvania, September 30th-October 2nd.

Artis Grady and colleague Matthew Schmidt will present two research projects, "Childless, Single Males' Knowledge of Breastfeeding Benefits and their Ideas for Supporting a Future Breastfeeding Partner," and "Childless, Single Males' Perceptions as to Why Women Choose not to Breastfeed."

Cynthia B. Wright's research is "Trends in Overweight and Obesity in University Students—1997-2007.

Thank you for representing UAFCS as well as SUU!



**The 2007 UAFCS Annual Meeting
Conference Registration Materials
"Changing Times: From Making Apple Pie
To Checking Your Blackberry"**

are also available on the Web at: <http://www.uafcs.org>



High Tech Fluid! What to Drink?

People today seem more informed about hydration than perhaps at any time in recent years. The sad truth is that they are often misinformed by a combination of outdated information, legends, and advertising hype.

Proper hydration is essential for optimal health and performance. The recommended Dietary Reference Intake (DRI) for fluid (released in 2004) is 3.7 liters per day for a healthy adult male (3.3L for male teen) and 2.7 liters per day for a healthy adult female (2.3L for female teen). Additional fluid is often needed for increased physical activity, hot environments, and a host of other reasons.

However, with a dizzying array of beverages on the market, what should one choose to drink?

Sports drinks containing 6 to 8% carbohydrate (14 to 19 grams of carbohydrate per 8 oz portion) have become a beverage staple for many Americans--adults, teens & children. Currently the largest growing segment of the sports drink market is non-athletes. The first brand of these to come on the market was Gatorade followed by Powerade, Allsport, Accelerade and others.

These beverages were designed to provide not only fluid, but also carbohydrate and electrolytes. They are beneficial for individuals doing moderate to heavy exercise, especially in warm weather or if an exercise or sports activity goes on for longer than 60 minutes. However, they provide carbohydrate calories that may not be necessary for the average person just needing to take in fluid on a day-to-day basis. Water is still a good choice during short-term, light activity in moderate conditions.

Sports drinks should not be confused with the many other non-soft drink beverage items found in the cooler or on the store shelf. These include:

- Flavored water generally containing little carbo-

hydrate and sometimes fortified with vitamins (Propel type beverages)

- Energy drinks containing caffeine or similar ingredients (Red Bull, AMP, Wired, Monster, or one of the dozens of comparable products)

Other beverages touting an array of additives from zinc to ginseng to bee pollen (Sobe Lizard, Snapple Elements, Fuze, e.g.)

The flavored water contributes little except a taste which some individuals may find appealing and thus encourage greater fluid consumption. The energy drinks have no role in hydration of an individual and may create a dependence on the caffeine. The other category, often sounding fruit juice based, generally have an unknown quantity of the additives listed.

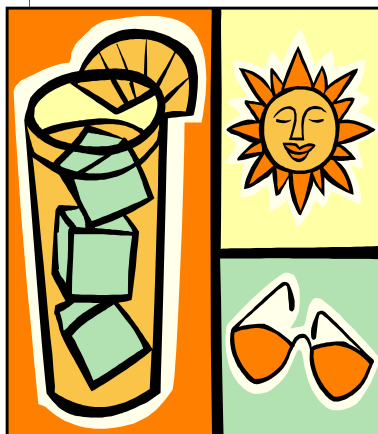
Given the range of products from useful to useless, it is incumbent on FACS professionals to find current and reputable information to keep up with this rapidly changing line of fluid products. We need to help people determine the difference and choose wisely.



“Family and Consumer Sciences Professionals (need) to keep up with (the) rapidly changing line of fluid products.”

*Contributed by—
Artis Grady, MEd, RD, CD,
CFCS-HNFS
UAFCS Food & Nutrition
Division Chair*

Associate Professor of Nutrition Science, Southern Utah University





Home Management PC Style

Submitted by:

Chris Moore, PhD; UAFCS
Home Management Chair;
Instructor of FACS Education,
Brigham Young University

As a young girl, my best friend invited me to her home to see a new miracle called the microwave oven. With amazement, I watched as a cupcake was cooked in less than 30 seconds. I ran home to tell my mother that we needed an oven just like Gayle's. She asked the price. I said, "Only \$2,000.00!" My mother responded, "Dream on." Today, microwave technology seems antiquated with innovations on the horizon that will change how a family manages the home.

Hewlett-Packard has developed a TouchSmart PC that is designed to be used in the kitchen to replace refrigerator notes and magnets.

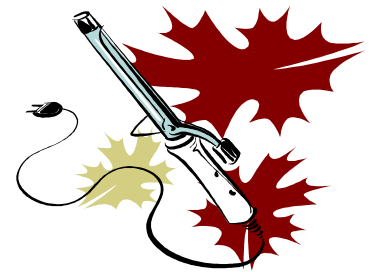


The screen can be set to display applications and information like diary dates and a digital notice board where you can leave written, picture, or video messages. Weather and stock prices can be viewed in real time. The PC has a touch screen, designed to be used while standing. Family members will view photographs interactively. Images are sent to a printer that docks on the back of the device with a newly designed cable that reduces the mess of cables at the back. Conveniently, the prints pop out the front. The TouchScreenPC is slated to become the digital hub, notice board, and information center of the family home. (Stewart, 2007).

AT&T has developed the XANBOO Remote Monitor system which allows you to view on your office computer or your wireless phone what is happening at home. For a \$200 start up fee and \$10 a month, you can watch your pets or spy on the sitter while away from home. Lights can be turned on and off to make the home seem occupied when you are not there. You can turn your heat or air-conditioning on as you drive home. The system can even be set to send a text message to your mobile phone if the motion sensors detect that a door or window has been opened or there is a water leak.

Worried that you left the curling iron on? iControl, has a system of cameras, sensors, lamp modules, thermostats and detectors which allow you to view live video and manage your utilities and appliances from a personal Web portal or any Web-enabled cell phone. The iControl starter kit costs \$399, with a monthly subscription fee of \$10. HomeSeer's \$200 Home Control Software 2 can create elaborate automated routines that you can then control remotely via a Web page and activate by voice or simply by sending an e-mail or a text message (McLaughlin, 2007).

Whirlpool is testing a line of "smart" washers and dryers, which enable consumers to monitor the status of their rinse cycle remotely and control the washer or dryer by computer or cell phone. It still takes a human hand to separate the lights from the darks and fold the clothes (McLaughlin, 2007). Maybe they will come up with a way to do that as well!



The Fact that we live in a "Jetson" type of world has raised some serious issues about the quality of family life. Our constant connection precludes relaxation and time for families (Cole, 2006; Saunders, 2003). Organized children's sports are suffering a steep decline in participation because computer-based games are taking their place. Research has been done on the effects of violent computer-based games on children, and children with unlimited Internet access are participating in chat rooms where predators roam. Pornography sites are prolific and the Internet takes precedence over exercise and play time. It is one of the contributors to obesity in our society. Misinformation is touted as truth because it appears on the internet (Saunders, 2003). Some professionals are calling our addictions to technology a type of "electronic cocaine" (Cole, 2006).

Technology has made our lives easier and more convenient and as Family and Consumer Sciences professionals, we embrace that technology. Because family is at the core of who we are, we have an obligation to preserve the health and welfare of that unit. We have the professional expertise to help families become responsible consumers of technology by promoting the use of quality family time. Helping families manage the resource of time in partnership with the miracles of our modern society should be an integral part of technology education.

Resources: Cole, Diane (December 25, 2006) Give each week a tech-free day. *U.S. News & World Report*. Washington; McLaughlin, Lisa. (Spring, 2007) Wall-to-wall wiring. *Time*. New York, pg. 89; Miles, Stewart (September 22, 2007) HP brings touchscreen to the desktop computer, but do you need it? <http://www.pocket-lint.co.uk/reviews/review.phtml/2079/3103/hp-touchsmart-desktop-touchscreen-pc.phtml>; Saunders, M. E. (Nov 2003). The time is now for a resolution on technology. *Journal of Family and Consumer Sciences*. Alexandria . 95, (4), pp. 120.

Sizing Up America Public Policy Deliberation Guide Available

With generous funding from the Charles F. Kettering Foundation, AAFCS is pleased to announce the availability of a set of materials for use with youth and adults who want to explore obesity as a public policy issue. The "Sizing Up America" materials were created by a team of AAFCS members using the standard National Issues Forum approach

to engaging citizens in exploring tensions around public issues and discovering common ground for action. AAFCS members are encouraged to conduct community forums over the next several months. Materials for the forum are available at: <http://www.aafcs.org/policy/deliberationpage.html>



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Update Your AAFCS Contact Information Online

If you need to update your AAFCS contact information or renew your AAFCS membership go to: <http://www.aafcs.org/technology.html>. Click on the Login (AAFCS Member) link. If you have given AAFCS your email address, enter your email address into the Username field and

your Member ID number into the Password field. Once you have logged in, you can renew your membership, view or update your profile, register for the AAFCS Annual Conference, and purchase tickets to AAFCS Annual Conference events. If you would like to change your Username or

Password, you must click on Change Password or View Profile and choose the appropriate option after you have logged in. If you have any questions, please contact AAFCS at membership@aaafcs.org or 703-706-4600 / 800-424-8080.

Family and Consumer Sciences Professionals Do Make a Difference!

Free Jiffy Steamers for FACS Classrooms

The Jiffy Steamer Company, a worldwide leader in steaming equipment since 1940 makes available a free steamer, valued at \$180, for Family and Consumer Sciences Classrooms. The FACS Department Head must complete a half-page information form and return it with the \$11.90 ship-

ping charge. In return the Jiffy Steamer Company requests acknowledgement of the donation. Request forms can be found in the AAFCS Document Library under the Microsoft Document Section (document #2) at: <http://www.aafcs.org/contact/documents.html>



Worldwide Leader in Steaming Equipment Since 1940

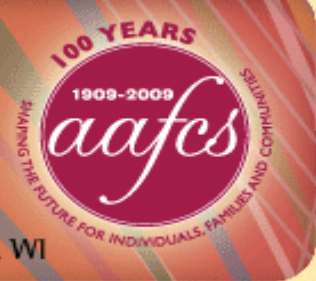




evolving TECHNOLOGY:

IMPACT ON INDIVIDUALS, FAMILIES AND COMMUNITIES

AAFCS 99th Annual Conference & Expo • June 19 - 22, 2008 | Milwaukee, WI



Mark Your Calendar for Milwaukee in 2008!

With the rapid development and prevalence of new technology, breakthrough research and creative strategies are needed to help individuals, families, and communities reap the benefits of technology while avoiding potential dangers and risks. What steps can consumers take to improve the safety of online banking? How can parents and educators reduce cyber-bullying among teens? What are the new developments in food

biotechnology? How can renewable energy be incorporated into homes and communities? The 99th Annual Conference & Expo, *Evolving Technology: Impact on Individuals, Families, and Communities*, will provide the ideal forum for family and consumer sciences and allied professionals to address these pressing issues and related topics of interest.

As a 99th Annual Conference & Expo attendee, presenter, leader, exhibitor, or sponsor, you'll have the opportunity to continue making valuable contributions to the near 100-year history of AAFCS, network with colleagues, mentors, or potential clients, and advance your professional development. Be sure to visit the following web page often for up-to-date Annual Conference information: <http://www.aafcs.org/meetings/08/index.html>.

**A National
AAFCS
Annual
Meeting
you won't
want to
miss!**



Call for 2008 AAFCS Annual Meeting Educational Session Proposals

During the near 100-year history of the American Association of Family & Consumer Sciences (AAFCS), family and consumer sciences (FCS) professionals have been dedicated to improving the quality of life for individuals, families, and communities. Throughout this time, technology has played an increasingly influential role in the work of FCS professionals and the way people learn, communicate, and accomplish their daily tasks.

The prevalence of technology in just the last couple of decades is astounding. According to the U.S. Census Bureau, the percentage of American

households with one or more computers rose from 8% in 1984 to 62% in 2003. From 1997 to 2003, the number of households with internet access tripled. About one year ago, the social networking site MySpace broke the 100-million account mark. In a recent study conducted by iGR, Inc., a market research company, they found that approximately 50 – 70% of 12- to 14-year olds have cell phones. In response to the rising demand for distance education, Online Degree Zone launched a website that allows people to explore more than 11,000 distance learning programs.

With the rapid development

and prevalence of new technology, breakthrough research and creative strategies are needed to help individuals, families, and communities reap the benefits of technology while avoiding potential dangers and risks. What steps can consumers take to improve the safety of online banking? How can parents and educators reduce cyber-bullying among teens? What are the new developments in food biotechnology? How can renewable energy be incorporated into homes and communities? AAFCS invites FCS and related professionals to address these issues and other numerous suggested topics by submitting educational session proposals for the 99th Annual

Conference & Expo, *Evolving Technology: Impact on Individuals, Families, and Communities*.

The 99th Annual Conference educational objectives and an extensive list of possible educational session topics, as well as other helpful information, are provided online to help guide you in the creation of your proposal.

Online Proposal System Opens September 21, 2007. Proposals due by October 22, 2007. Go to: <http://www.aafcs.org/meetings/08/callfored.html>



1909-2009 *aafcs* CENTENNIAL CAMPAIGN

Shaping the future for individuals, families and communities

The AAFCS Centennial Committee is hard at work planning exciting events and activities to commemorate the Centennial of the American Association of Family and Consumer Sciences in 2008-2009.

AAFCS has designed a Centennial logo as seen on the right, which is available to download on their website at: <http://www.aafcs.org/centennial/stickers.htm> in various sizes. Please use it whenever possible to help promote the upcoming AAFCS Centennial Celebration!

Also, AAFCS has printed foil stickers with the Centennial logo. The stickers are available for sale in rolls of 250 for just \$20 plus shipping. Contact AAFCS at staff@aafcs.org or 800-424-8080 to place your order.

If you would like to help support the AAFCS Centennial Campaign, all proceeds from the sale of the AHEA Commemorative China and The Life of Ellen Richards DVD will benefit the Centennial Campaign.

To see and purchase the china, go to: http://www.aafcs.org/res/Chinaorderformrevision02_2006.pdf. To learn more about The Life of Ellen Richards DVD produced by AAFCS member Joyce Miles or to order your copy, go to: <http://www.aafcs.org/res/Centennial/EllenRichardsDVDOrderForm.doc>. And, if you would like to make a monetary donation to the centennial campaign, go to: <https://secure1.podi.com/aafcs/donations.cfm>.



**Make plans
now to be part
of celebrating
our 100 year
history.**

Important Certification Renewal Information for CFCS Professionals!

Implementation of new technology at AAFCS headquarters will make it possible for CFCS professionals to both pay their certification renewal fees and report PDUs online this year. AAFCS is excited about the convenience and efficiencies that will come with these new technologies; however, the migration to this new system is causing the schedule for the renewal process to be affected this year. The certification renewal notices have been sent out in late August with the deadline for renewal payment and submission of

PDUs due postmarked by October 1st. Thanks to each CFCS professional for sharing our excitement about these new services and for understanding that this year's schedule adjustment is a good trade-off for the new technology benefits.

Those who meet the eligibility criteria and have requested a change to the "Retired" category for their CFCS credential are no longer required to report PDUs to maintain their certification.

For those whose 3-year certification cycle ends this year and who have not previously reported a total of 75 PDUs for this 3-year cycle, PDU Reporting Forms, showing the remainder of the required PDUs, are also due postmarked or submitted electronically by the due date. A reporting form will be included with the renewal notice; the form and helpful information can be accessed at: http://www.aafcs.org/certification/certification_renewal.html



CFCS professionals are asked to submit a hard copy PDU report only once during the 3-year cycle; this can be at any point when there are a total of 75 PDUs to report. PDUs can also be reported online incrementally at your convenience.

Marilyn K. Albertson M.S.,
CFCS – UAFCS Certification
Chair

Utah State University Extension
Family & Consumer Science
Agent, Salt Lake County

When To Expect Things To Fall Apart

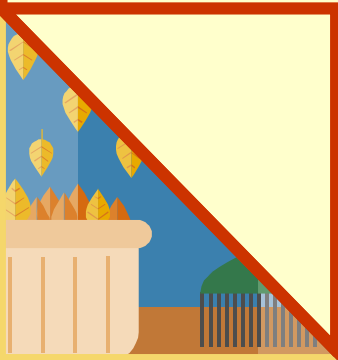
Nothing lasts forever—or at least many “things” do not. And, that is really true when it comes to the “parts and pieces” of our houses. Planning ahead for the replacement, maintenance, and upkeep of our home is one of the smartest financial steps we can take. In not planning for the replacement of our “stuff”, the costs can catch us off guard, leave us in debt, and frustrated. The chart below provides a guide to planning and saving for the replacement of various things around the home. This chart will also help when shopping for an existing home, to negotiate the price, and set goals for replacement dollars. It can also help in comparing various houses of purchasing interest, in deciphering when certain items were last updated or replaced by the current owner. Homes with upgrades and recent replacements, while similar in asking price and age, may create a positive edge for a potential buyer.

Asphalt Driveway	15 years	\$2-4/sq. ft.
Asphalt Shingle Roof	25 years	\$1.25-3.50/sq.ft.
Bathroom Basin	16 years	\$200-350
Bathtub/Tiles	25 years	\$1500
Carpet	indefinite	\$25-60/sq.ft.
Central Air-conditioning compressor/or heat pump	11 years	\$800-3000
Chimney & Liner	100 years	\$4500-12000
Dishwasher	12 years	\$500-1000
Exterior Paint	5 years	\$1000-2500
Faucets	12 years	\$150+
Garage-Door Opener	10 years	\$300-450
Garbage Disposal	10 years	\$150-400
Hot-Air Furnace	18 years	\$1000-2000
Hot-Water Boiler	22 years	\$2000-4000
Oven/Stove	20 years	\$800-1500
Plumbing	20-60 years	\$1500-4000
Refrigerator	14 years	\$600-1000
Septic System	30 years	\$3000-12000
Shower Pan	indefinite	\$900-1600
Siding	40 years	\$8000-20000
Sump Pump	5 years	\$150-250
Toilet	35 years	\$300+
Toilet-Flush Mechanism	10 years	\$100-150
Vinyl Kitchen Floor	25 years	\$35/sq.ft.
Washer & Dryer	13 years	\$650-800
Water Heater	10 years	\$350-800
Wood Deck	15 years	\$10-20/sq.ft.

Submitted by:

Teresa Hunsaker, UAFCS
Housing and Interiors Chair

Utah State University Ex-
tension Family & Consumer
Science Agent, Weber





Family and Consumer Sciences Schedule of Events



- Wednesday, Thursday, **October 3rd-4th**—Food Sense Nutrition Program State Training (Extension) in Salt Lake City, Utah.
- Friday, **October 5th**—World Teacher's Day
- Monday-Thursday, **October 15-18th**—Family and Consumer Sciences Extension Agents Annual Inservice, Provo, Utah.
- Wednesday, Thursday, **October 17-18th**—FCCLA State Fall Leadership Conference, at the Marriott in Provo, Utah
- Sunday-Thursday, **October 21st-25th**—National Association of Extension 4-H Agents Annual Meeting in Atlanta, Georgia.
- Monday, **October 22nd**—AAFCS 2008 Annual Meeting Educational Session Proposals Due.
- Wednesday, Thursday, **October 24-25th**—Rocky Mountain Conference on Aging in Loveland, Colorado.
- Friday-Sunday, **October 26-28th**—AAFCS Fall Leadership Workshop in Indianapolis, Indiana.
- Sunday, **October 28th**—End Daylight Savings Time
- Monday, Tuesday, **October 29-30th**—Utah Education Association (UEA) Convention "Capture the Joy of Teaching," at the Salt Palace Convention Center in Salt Lake City, Utah.
- Wednesday, **October 31st**—Halloween



- Thursday, **November 1st**—Dairy Council Nutrition Breakfast Briefing, at the Grand America Hotel in Salt Lake City, Utah.
- Friday, **November 2nd**—Utah Jump\$tart Summit, at the Zermott Resort in Midway, Utah, 9AM-3PM.
- Friday, **November 2nd**—New NEFE High School Financial Planning Seminar at the Homestead in Midway, Utah, 1PM-3PM.
- Friday, Saturday, **November 2nd-3rd**—Utah Association of Family and Consumer Sciences (UAFCS) Annual Meeting, at the Homestead in Midway, Utah.
- Thursday-Saturday, **November 15-18th**—FCCLA National Leadership Cluster Meetings in Denver, Colorado.
- Thursday, **November 22nd**—Thanksgiving Day.



- Thursday-Saturday, **December 13-15th**—Association of Career and Technical Education (ACTE) 2007 Annual Convention and Career Tech Expo in Las Vegas, Nevada.
- Tuesday, **December 25th**—Christmas.



- Thursday, **January 3rd**—FCCLA Advisory Board Meeting at the Nebo Learning Center in Springville, Utah.
- Friday, Saturday, **January 18-19th**—Utah Association of Career and Technical Education (UACTE) Mid-Winter Conference at Utah Valley University in Orem, Utah.
- ProStart Teacher/Student Training, Date and Location to be announced.



Don't forget to register for our
UAFCS Annual Meeting
November 2nd and 3rd
At the
Homestead
in Midway, Utah



An Affiliate of the
American Association of Family and
Consumer Sciences

Newsletter Editor

Maribeth C. Clarke, PhD, CFCS

Questions or Comments, Email:
UAFCSnewsletter@Gmail.com

The content of this newsletter is intended for educational and information purposes only. Those who have submitted articles are solely responsible for the content contained therein. Efforts have been made to credit appropriate sources used. Omission of credit, where credit should be given is not intentional.



**Utah Association of Family and
Consumer Sciences**

**UAFCS is on the
web at:
<http://www.uafcs.org>**



The Utah Association of Family and Consumer Sciences (UAFCS) is a state affiliate of the American Association of Family and Consumer Sciences (AAFCS). AAFCS was founded in 1909. UAFCS is a non-profit professional organization whose purpose is to improve the quality of individual and family life. The AAFCS is the only national organization representing family and consumer sciences professionals across practice areas and content specializations.

Members of the Utah Association of Family and Consumer Sciences represent a comprehensive cross section of the family and consumer sciences profession. Opportunities for involvement in the association occur at the national and state levels, as well as with colleagues in professional sections and subject-matter oriented divisions.

UAFCS Board Members

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VP of Work: Elect Cheryl Empy
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Family Ec & Home Mgt: Chris Moore
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Food & Nutrition: Artis Grady
Housing & Int Design: Teresa Hunsaker



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Research Journal Editor: JoAnne Roueche
Nominating Committee: Kathy Riggs
Nominating Committee: Rea Gubler
Nominating Committee: Ann Sorenson

If you are not a member of AAFCS and you have a college degree in an area related to Family and Consumer Sciences, we encourage you to look at the benefit of becoming a member. For more information see: <http://www.aafcs.org/membership/benefits.html>